



Before Sedation INSTRUCTIONS

1. DO NOT ALLOW your child to **EAT** or **DRINK** anything after midnight and nothing in the morning before the appointment.
2. If your child takes any routine medications please speak with Dr. Ciz
3. A parent or legal guardian must accompany your child to the office, remain in the office during the procedure, and drive your child home by car.
4. Please have your child wear loose-fitting clothing like pyjamas.
5. No nail polish please.
6. Please bring a spare set of clothes. Accidents do happen.
7. If your child has an illness such as a cold, sore throat, cough, or diarrhea, please call the office prior to treatment at 225-257-8888

After Sedation INSTRUCTIONS

1. Your child was given an IV pain medication (Ketorolac) during the procedure.
2. Your nurse will instruct you as to when your child can take ibuprofen (Advil or Motrin)
3. A responsible adult should remain with your child for the remainder of the day until your child has returned to his/her usual state of alertness and coordination.
4. Your child may be unsteady when walking or crawling and will need support to protect her/ him from injury.
5. *Your child cannot operate a motor vehicle and must be accompanied by an adult at the time of discharge. (requirement by college)*
6. It is important for your child to be well hydrated after treatment. Drink clear liquids first (clear juices, water, Jello, Gatorade, popsicles or clear broth)
7. Eat light foods (apple sauce, toast, soup, pudding) first, then move on to a more routine diet.
8. Sleeping and napping are normal after sedation. However not all children nap, some just start playing like nothing happened. Please just keep an eye on them as their coordination might be off.
9. Nausea and vomiting after deep sedation is very **uncommon**.
10. Only if your child has a tooth extracted will she/he be frozen. Watch your child to make sure they do not bite their cheek or lip.
11. Occasional post-operative fever may be managed with Acetaminophen (Children's Tylenol)
If you have any questions or concerns please call Dr. Ciz at 519-716-9981